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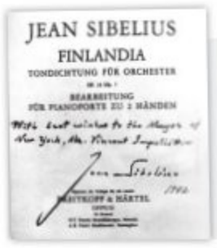
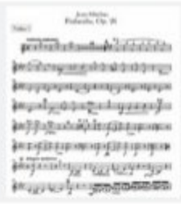


DAY'S DIARY

Tone poem premiere

Finlandia, a tone poem by Finnish composer Jean Sibelius, premiered on this day in 1900 in Helsinki with the Helsinki Philharmonic Society conducted by Robert Kajanus

COMPOSITION

The piece was composed for the Press Celebrations of 1899, and was the last of seven pieces performed as an accompaniment to a tableau depicting episodes from Finnish history

CENSORSHIP

In order to avoid Russian censorship, *Finlandia* had to be performed under alternative names, like *Happy Feelings*, and *A Scandinavian Choral March*— at various musical concerts

GREAT COMPOSER

Sibelius is considered one of the great nationalist composers of the world, as famous for depicting the country and literature of Finland in music

'We will delete 2020 from our lives'

PG 4

Lockdown dampening your pet adoption plans? Log onto this online drive by animal welfare organisation, which has found support from stars Rakshit Shetty, Shraddha Srinath, Nidhhi Agerwal

ALL FOR A GOOD 'PAW'SE

Besides taking home puppies, kittens or an adult dog, people can also passively adopt a resident of their choice and contribute towards their expenses on a monthly basis

—Keerthan Vignesh, manager, CARE

● Monika Monalisa

If we can have office meetings online and enjoy concert virtually too, then why not find new homes for your furry friends online too? Pet lovers will be in for a treat this weekend. OurPawrt Festival, a fundraiser and adoption drive by Charlie's Animal Rescue Centre (CARE), will take place from July 3-5. The event is supported by Sandalwood actors Rakshit Shetty, Shraddha Srinath and Nidhhi Agerwal.

Shetty, whose next movie *777 Charlie* showcases the relationship between his character and a labrador, has always been vocal about his love for animals. "The cause of animal welfare has always been close to my heart and I'm very happy to know that even in these times of the Covid-19 pandemic, there are ways that we can support organisations like CARE," says Shetty, who along with the other two actors have been promoting the event on his social media.

Three puppies, five kittens, one adult dog, along with more than 80 permanent residents of CARE will be up for adoption during the weekend. Explaining the process, Keerthan Vignesh, a manager at CARE, says the audience will be taken through the process of adoption, the dos and dont's, before being shown the puppies and kittens that are up for adoption. "We also have something for people who cannot physically adopt an animal for whatever reason. There will be a brief introduction to our permanent residents, and people can passively adopt a resident of their choice and contribute towards their expenses on a monthly basis," he adds.

This is also CARE's first virtual event, which they hope to continue on a larger scale. "Every year, CARE has multiple events including adoption camps, flea markets, rock concerts, art exhibitions and so on. It helps us meet our supporters and also raise funds. But this year, due to COVID 19, we have not been able to get that kind of support. An online fundraiser like this is a good alternative, with participation from people across the globe," says Vignesh. All funds raised from the event go towards their animals welfare work.

Apart from the adoption and fundraiser drive, the initiative will also feature various entertainment sessions like sound healing by Priyanka, dance and exploration through movement by Meher Sachdeva and Himanshi Choksi , a cookie-making tutorial by baker Kritika Goel, an interactive illusions and mind reading session by an illusionist by Amazing David, to name a few. "We also have a DJ who is going to be playing house & techno music on Friday night, so it promises to be a 'Paw'ty," adds Vignesh with a laugh.

Representational pic

SHADES OF GREY

Birds soar freely as an overcast sky gives a snug cover to the greenery at Hebbal flyover in the city ● Shriram BN

What is Indian in Indian literature?

WORD VIEW
Chandrasekhar Kambar
Writer and critic

As an Indian writer, I have often asked myself this question: What is 'Indian' in Indian literature? Yes, like many other South Asian nations, we have had a painful colonial past. Our cultural identity is linked to this history of resistance and the search for political and cultural selfhood. But somewhere along the way to finding their literary identity, Indian writers, like writers from many other South Asian cultures, came under the powerful influence of Western modernism. Existentialism, theatre of the absurd, poetry lamenting the sterility of contemporary existence — we mimicked all of it. But how much of this new wave writing and art could reflect our post-colonial realities?

Today, in our so-called globalised world, we are again facing the threat of homogenisation. We reel under the hazards of cocoa-colonisation and a consumer economy which attempts to subsume the South Asian worlds within the grand narratives of development and progress. Should we move away from our pasts, histories, and cultures to join, often as late comers, this hegemonic narrative of global development? Surely not! It is this resistance which must form the basis of our literary and cultural productions.

This resistance must spring from an understanding of what makes Indian cultures and literature(s) different from Western literatures. The first step would be to try to recover the literary traditions, cultural ethos, political and historical experiences, and our many language traditions. Today, Indian writing also includes Indian English writing. Despite all the diversity, what really brings our literatures in these multiple languages together? I think it is this: we are mainly story-tellers. I am a writer who draws upon the rich folk traditions of North Karnataka in Southern India. Beginning from the old epics to new genres like the novel, we have always been predominantly story-tellers. What is more, we are known for our collective and community cultural ethos. For example, in Kannada writing, both oral and written literatures reflect this. Starting from the vachana writers in the 12th century to the poets of the bhakti movement all over India, they all addressed God in the form of a dialogue. They were a devotional community. Their poetry upheld human bonds — bonds that even humanise god and make him a part of this community. But the modernist sensibility we borrowed from the West in the 20th century was centered on the individual.

Representational pic

However, our popular and traditional art forms like Yakshagana and Harikatha, or even our films still find their inspiration in the plural Indian traditional and native sources. Our contemporary Indian writers are already rejecting the Western models and incorporating the native literary traditions and mythologies into their work. These developments are heartening. In this instance, as the president of the Sahitya Akademi, I am striving to make possible meaningful interaction and conversations among Indian languages, literatures, and cultures. My vision of Indian literatures is characterised by this multiplicity, as well as this uniqueness of our native Indian ethos!

(Translated from Kannada by Krishna Manavalli)

CITY READ

Zoo to be shut on Sundays

Zoos in the city and Mysuru will be closed for public on Sundays following the state government declaring shutdowns on Sundays from July 5 to August 2, an official said. To compensate for the Sunday loss, the zoos will open on Tuesdays, which is generally the holiday for zoos and sanctuaries in Karnataka. – IANS

QUICK FIX

Talking business

● Vidya Iyengar

When the city and country went into lockdown, several Bengalureans confined themselves to the safety of their homes. But a few like Mahita Nagaraj, who went on to bring together about 50,000 volunteers for her initiative, Caremongers India, ventured out, offering help to those who needed essential supplies. In May-end, when she went into self-quarantine, Nagaraj decided to go ahead with a project she had long wanted to work on – a book to help people ace the marketing game, especially in these changing times. Called *The Instant Marketing Plan*, the book covers all of her work experience in marketing, branding, communication, sales, entrepreneurship and operations over 90-odd pages. "It's intended to help anyone who needs to sell more, whether products or services. Whatever the size of the venture – solo, home-based, start-up, large corporation – this will assist in creating an actionable plan that can be implemented immediately. And whatever the industry, the results will show. I say marketing plan, but really, it's a business plan," says the marketing and digital consultant.

The same amount of work can yield different results with just a change in planning, approach and marketing strategy— Mahita Nagaraj

Currently available as an e-book on her website and her Facebook page, the quick read aims to help the reader identify customers, and suggests nine action points to gain new clients and convert them into agents who will recommend others.

"In all the years I have been associated with the corporate world, I realised that lack of planning is often a pain point. Marketing efforts are random without any structure, and obviously, there is no return on investments," she says, pointing out that there are three kinds of people required to run a company, one who ideates solutions; second, who is aware of technical know-how; and the third, who executes projects. "More often than not, one of the three is missing," she says.

Giving the instance of home bakers, Nagaraj says while some slog it out for 20 hours a day, putting all their returns back into the business, there are others who go on to expand, hire staff and even open a bakery. "The same amount of work can yield different results with just a change in planning, approach and marketing strategy," she says.

Tunes of change

● Vidya Iyengar

Live shows from living rooms, interactive sessions and online music jams... As many in the music fraternity wonder when their next outdoor show would take place, they are re-inventing themselves to reach out to their audience. For musician Jason Zachariah, the lockdown has been a blessing in disguise. His routine otherwise involved about 13 shows a month. On July 3, Zachariah, who is also the co-founder of Nathaniel School of Music, will release his fourth album, *The Absence of Laughter* (a piano reprise), after having spent the last three months mixing, mastering and giving the album finishing touches.

After my dad's passing, I lost interest in working on the album, until recently when I decided to bring it to fruition
— Jason Zachariah, musician

This particular album holds a special place for Zachariah, who has dedicated it to his late father, John K Zachariah, who was the principal of Bishop Cotton Boys' School, who passed away two years ago. "My dad inspired me to take up the arts and more importantly, to also respect it," says Zachariah who has been releasing one riff every day for five years.

Work on the album started over two years ago, and it was to be out in December 2018. "In fact, Dad had heard eight out of the 13 songs and passionately supported it. However, after his passing, I lost interest until recently when I decided to bring it to fruition," says the musician, who has also dedicated it to Dennis Ostern, a close friend who died suddenly, and also sung one of the songs in the album.

Over 40 musicians from across the world, including Kedarnath Havaldar (tabla) and Ashwini Koushik (flute), have contributed to the work. The main song, *The Absence of Laughter*, was conceptualised on the piano like his other songs. "When my brother, Jonathan Zachariah, took a look at the work, he came up with an accompanying story that became a music video, that of a clown who smiles his way through personal problems, and came up with the album's name. Most of the themes are such, not very straightforward but entertaining," he says about the songs in the album, which also touch upon women empowerment.

An audio engineer, Zachariah says most of his work is instrumental in nature. Having already started work on his next album, which he hopes to release by the end of the year, the musician says, "That's going to reflect all the changes that have taken place in my life in the recent past."

DATES & BANANA SHAKE

INGREDIENTS

- **Dates:** 5-6, washed, deseeded and soaked for about 30 minutes
- **Banana:** 1, ripened
- **Milk:** 1 glass, boiled and cooled
- **Chopped dry fruits (cashew/pista):** 3-4
- **Honey:** optional

METHOD

- Chop the dates and banana and put them in a mixer jar.
- Add 1/4th glass of milk to the mixer jar and blend them to a smooth paste. If the paste is not smooth enough, add little more milk and blend again.
- Add remaining milk to the smooth paste in the mixer jar and blend the whole mixture again.
- Add little honey for extra sweetness, if needed.
- Chop dry fruits and add them to your delicious shake before serving.

– by Gayatri Keelapudi, Bengaluru

QUICK FIX

What's cooking IN YOUR KITCHEN DURING THIS LOCKDOWN?

We are hungry for recipes with minimum ingredients and maximum flavours. Share your quick-fix with us, along with step-by-step photos, at cityexpresschn@gmail.com.

TWEET OF THE DAY

WHITE-BROWED WAGTAIL (MOTACILLA MADERASPATENSIS)

NATIVE TO SOUTH ASIA

Endemic to the Indian subcontinent, this bird's (also known as the large pied wagtail) specific names comes from Chennai's former name – Madras. Khanjan and Dhoban are some of the local names for the bird. The bird is said to be very vocal with three-four kinds of whistles and a peculiar flight call (psi-sit).

BRIGHT SPOT

ASSURING JOB SECURITY

Migrant labourers in Lohit district in Arunachal Pradesh chose to stay back instead of going back to their hometowns. Reason? Under the leadership of deputy commissioner Prince Dhawan, the district administration not only took care of them by providing ration and groceries, but they were also offered jobs when restrictions were lifted. They were engaged in ongoing construction activities by tying up with the General Reserve Engineer Force (GREF), which works under the Border Roads Organisation (BRO), and other governmental executing agencies undertaking road construction in the state. Additionally, since agricultural activities were permitted even before the lockdown was announced, the district administration worked with a Farmer Producer Organisation consisting 150 farmers engaged in horticulture. Farmers owning one hectare of land were given seedlings of areca nut, banana, black pepper, orange and turmeric. These farmers in turn engaged more labourers.

Source: The Better India

APPSMART

Lovely

This app contains large number of short lyrical video status. You can download any lyrical video status you like or you can create your video with your own images

- **Available on:** Android

Nike Training Club

Continue your fitness and wellness journey while you stay inside, with the NTC App. Try free workouts, including HIIT, invigorating yoga classes, bodyweight workouts you can do with minimum to no equipment and cardio that gets your heart rate pounding.

- **Available on:** Android & iOS

Lumii

Lumii, as a powerful photo editor pro, values simplicity and practicality the most.

- **Available on:** Android

SOUND BOARD

ADULTING

Did you ever think being an adult would be this hard? Neither did our hosts Michelle Buteau and Jordan Carlos. The comedians talk about adulting with some of the funniest, most creative adults around.

- On Apple Podcasts

HIDDEN BRAIN

American journalist Shankar Vedantam uses science and storytelling to reveal the unconscious patterns that drive human behaviour, shape our choices and direct our relationships.

- On Apple Podcasts

BUSY BEING BLACK

Busy Being Black with Josh Rivers is the podcast exploring how we live in the fullness of our queer Black lives.

- On Google Podcasts

THE MINDSET MENTOR

The Mindset Mentor podcast is designed for anyone desiring motivation, direction, and focus in life. Host Rob Dial helps people find the best version of themselves and lead a life with love and purpose.

- On Google Podcasts

WTF WITH MARC MARON

Marc Maron welcomes comedians, actors, directors, writers, authors, musicians and folks from all walks of life to his home for revealing conversations. Marc's probing, comprehensive interview style allows guests to express themselves in ways listeners have never heard.

- On Google Podcasts

LITTLE WOMEN: A MODERN AUDIO DRAMA BY SHANNON CAMPE

Written by actor Shannon Campe, Little Women: A Modern Audio Drama is based on the popular novel by Louisa May Alcott. The 18-part fiction podcast features the life and adventures of the four March Sisters.

- On Spotify

POPULAR ON YOUTUBE

KOTIGOBBA 2

A real estate agent disguises himself as a robber and loots wealthy people. When the police begin the investigation, he tries to convince them that his identical twin brother is the culprit.

- Cast: Kichcha Sudeep, Nithya Menen

VAJRAKAYA

Viraj, an orphan adopted at a young age, discovers that his mother and grandfather are still alive. Soon, he embarks on a journey to meet his mother, who lives under the tyranny of her father.

- Cast: Shivarajkumar, Nabha Natesh, Karunya Ram

RAMA RAMA RE

An escaped death row convict ends up taking a road trip with an old man on a personal mission and a young couple trying to elope.

- Cast: Dharamanna Kadur, Nataraj S Bhat

VAALEE

Shiva marries the love of his life Priya but his twin brother, Deva, becomes obsessed with her. Things get worse when Deva attacks his brother and disguises himself as Shiva in a bid to attain Priya.

- Cast: Ajith, Simran, Jyotika

Scan this QR code to find out how your favourite celebs are coping with the lockdown.

WHAT'S ON TED TALKS

1 HOW CLOSE ARE WE TO UPLOADING OUR MINDS? BY MICHAEL S. A. GRAZIANO

Imagine a future where nobody dies– instead, our minds are uploaded to a digital world. There, they could live on in a realistic, simulated environment with avatar bodies. Mind-uploading has powerful appeal– but what would it actually take to scan a person's brain and upload their mind? Michael SA Graziano explores.

2 LET'S MAKE HISTORY...BY RECORDING IT BY STORYCORPS & TED PRIZE

What if Anne Frank hadn't kept a diary? What if no one could listen to Martin Luther King's Mountaintop speech? What if the camera hadn't been rolling during the first moon landing? Actively listening to the voices of the past and the people who matter is important, and StoryCorps wants you to lend your voice to history.

3 WHY BOOKS ARE HERE TO STAY BY CHIP KIDD

Despite the rise of e-books, physical books aren't going anywhere. Graphic designer Chip Kidd shares why their design is so lasting.

4 WHY SHOULD YOU READ "A GOD OF SMALL THINGS" BY LAURA WRIGHT

Set in a small town in India, 'The God of Small Things' revolves around fraternal twins Rahel and Estha. The book is set at the point of the twins' reunion and confronts the social mores of India. Laura Wright dives into Arundhati Roy's masterful storytelling.

5 THE ECONOMIC BENEFITS OF CLIMATE ACTION BY MARCELO MENA

Marcelo Mena, the former environment minister of Chile, is on a mission to create a zero-emission economy in his country by 2050. In a conversation about climate action, he discusses how the COVID-19 pandemic is changing Chile's ambitious plan to tackle climate change – and explains why the green recovery needs to be powered by both political leaders and citizens alike.

FIT BIT

KAPOTASANA (PIGEON POSE)

In Sanskrit, 'kapota' means 'pigeon' and 'asana' means 'pose'. This is a strong hip opener that improves flexibility throughout the body. Traditionally, it is believed to open the heart centre and therefore, the Anahata chakra. This chakra stimulates self-love, trust, loving-kindness to others and unconditional love. It improves focus and draws it inward, both stilling and opening the mind. It gives a good stretch to your whole body. Great to energise and strengthen spine and brain.

STEPS

- Start by sitting comfortably in Ushtrasana.
- Now, breathe in and raise your lower abdomen upward. Pull it in before raising it. Move the tailbone downward to stabilise the lower back and breathe out.
- Now breathe in and pull the arms along your ears. Breathing out, move backward ensuring that your lower back is straight and stable. Breathe in and then move further.
- Raise the shoulders gently and squeeze your elbows towards each other. Move your head backward and hold the pose for five breaths.
- Breathe in and bring your arms to the floor. Pressing your feet into the floor, bend the knees to reach the palms of your hands, outside each foot. Moving backward, check on the lower back.
- Walk your hands backwards towards the knees such that fingers touch your heels and hold them firmly.
- Holding both your feet, squeeze the elbows towards each other and push the hip forward.
- While exhaling, bend your elbows and fix them on the floor. Hold the pose for around 30 seconds to a minute.
- Breathe normally. Assume Balasana and gently come back to the initial pose.

BENEFITS

- Increases flexibility in spine, arms, thighs, calf muscles, hands and shoulders.
- Treats urinary disorders.
- Stretches and strengthens leg muscles and joints.
- Relaxes the mind and releases stress.
- Reduces stiffness in hips, back and shoulder.
- Stimulates nervous system and increases oxygen intake.
- Tones throat muscles and organs inside the rib cage, abdomen, and chest.
- Regulates blood circulation.
- Improves digestive system.
- Reduces effects of chronic diseases.
- Relieves sciatica pain and makes lungs stronger.

LIMITATIONS

- If you have low or high blood pressure, avoid this.
- People who have insomnia, hypertension and migraine should avoid this.
- In case of serious lower back or neck injury, don't practise this.

– by N Elumalai, PhD scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

NOW STREAMING

REGIONAL

URVI (Kannada)

After getting tricked into working at a brothel, a medical student joins forces with two of her co-workers to fight their unscrupulous exploiters.

- Cast: Sruthi Hariharan, Shraddha Srinath, Shweta Pandit
- Watch on: Netflix
- Registration: ₹199 per month

KAPOOR & SONS (Hindi)

Brothers Arjun and Rahul return home to visit their ailing grandfather. Amid numerous ongoing family problems, emotions get intensified when a girl causes a rift between the two.

- Cast: Fawad Khan, Siddharth Malhotra, Alia Bhatt
- Watch on: Amazon Prime
- Registration: ₹129 per month

MARAGATHA NAANAYAM (Tamil)

Senguttuvan and Elango are hired by a jewel smuggler to find a cursed treasure responsible for the death of many. Later, with the help of a priest, they summon three spirits to locate the treasure.

- Cast: Nikki Galrani, Aadhi Pinisetty, Munishkanth
- Watch on: Zee5
- Registration: ₹99 per month

ENAKKUL ORUVAN (Tamil)

Vicky is an insomniac who agrees to try a pill that will help him dream the life he aspires. Soon, events in his dreams are replicated in reality. But when the lines begin to blur, there is chaos.

- Cast: Deepa Sannidhi, Siddharth, Srushti Dange, John Vijay
- Watch on: Zee5
- Registration: ₹99 per month

GHAWRE BAIREY AAJ (Bengali)

Ghawre Bairey Aaj is inspired by Rabindranath Tagore's novel 'Ghawre Bairey' (Home and the World) and is a contemporary retelling of a love triangle involving Tagore's characters Nikhilesh, Sandip and Bimala.

- Cast: Tuhina Das, Anirban Bhattacharya, Kinkini Dasgupta
- Watch on: Amazon Prime
- Registration: ₹129 per month

All the streaming apps can be accessed on smartphones and smart TVs with Internet connection.

GUBBI MELE BRAHMASTRA (Kannada)

A software engineer meets a woman and falls head over heels for her, but all hell breaks loose once Gubbi finds himself on the wrong side of the villainous Mr Robinhood and Venkat Reddy.

- Cast: Raj B. Shetty. Kavitha Gowda
- Watch on: Amazon Prime Video
- Registration: ₹129 per month

JUNE (Malayalam)

June, a teenager, believes that there is nothing remarkable about her. She experiences adolescent crushes, handles heartbreaks and fights insecurities as she grows into a mature and confident woman.

- Cast: Rajisha Vijayan, Sarjano Khalid, Arjun Ashokan
- Watch on: Disney+Hotstar
- Registration: ₹399 per year

ENGLISH/FOREIGN

BLOW THE MAN DOWN (English)

Mary Beth and Priscilla Connolly attempt to cover up a gruesome run-in with a dangerous man. To conceal their crime, the sisters must go deep into the criminal underbelly of their hometown, uncovering the town's darkest secrets.

- Cast: Morgan Saylor, Margo Martindale, Sophie Lowe, June Squibb
- Watch on: Amazon Prime
- Registration: ₹129 per month

NIGHT ON EARTH (English, series)

This nature series' new technology lifts night's veil to reveal the hidden lives of the world's creatures, from lions on the hunt to bats on wings.

- Cast: Samira Wiley (narrator), Beren Saat (narrator)
- Watch on: Netflix
- Registration: ₹199 per month

ROSEMARY'S BABY (English)

After moving into an apartment with Guy, her husband, Rosemary hears and dreams strange things. When she gets pregnant, she suspects her neighbours have sinister plans for her baby.

- Cast: Mia Farrow, Ruth Gordon, John Cassavetes
- Watch on: Amazon Prime
- Registration: ₹129 per month

THE TERROR INFAMY (English)

Supernatural, semihistorical, horror anthology series, where each season is inspired by a different infamous or mysterious real life historical tragedy.

- Cast: Jared Harris, Derek Mio, Tobias, Kiki Sukezane
- Watch on: Amazon Prime
- Registration: ₹129 per month

MILLENNIALS LEAD GREEN FASHION BRIGADE

STYLE AND THE CITY
Sarayu Hegde

As we emerge from the pandemic and its multi-layered impact on the world, we cannot ignore a relevant topic of discussion in the fashion industry today: Can our fashion choices change the world?

As I researched this further, I was surprised to find that most slow fashion, earth-friendly brands are spearheaded by millennials. Growing up in the '80s, I realised that our generation, unfortunately, became a part of the 'fast fashion' globalisation moment, wherein an accelerated fashion business model demanded increased numbers of new collections every year. Our continuous accumulation of cheap garments available at reduced prices has had serious consequences on our planet, our health and on the garment workers' lives.

As quoted by fashion blogger Julie Write, "If the '80s were dominated by Madonna-esque vibrant colours, and the '90s defined by plaid tops and distressed jeans, the current trend for the typical fashionable millennial is individuality."

Here are a few millennials who are shaping the way our fashion world works and pivoting fashion towards a more sustainable future for the planet and its people and creating minimal carbon footprints.

PA.NI, founded by **Leila Veerasamy**, is a swimwear label with a vision to destigmatise swimwear and women's bodies by designing a product that is inclusive of all body types. Veerasamy says, "We are committed to choosing the sustainable alternative for every step of our supply chain. We source our fabric responsibly and exclusively work with nylon-based fabric composed mostly of econyl, a yarn made from ghost nets that have been discarded in water during the fishing process. Damaged nets are routinely abandoned and pose both an immediate and long-term environmental risk: they've proven to be choking hazard for marine life and constitute the biggest source of plastic in the ocean today, with more than 6,40,000 tonnes of nets. By working exclusively with econyl-based fabric, we contribute to a greater conservation effort of over-exploited fishing areas and reduce the environmental impact of swimwear production."

Closer home, in Bangalore, millennials are working to create fashion with a purpose. Sayesha Sachdev, founder of the label Core, has changed the stereotype image of sustainable fashion being anti-fit and drab to a refreshing shift of structured, well-tailored, versatile yet functional garments. They use a wide range of green fabrics from hemp, rose petals, orange, aloe vera, soybean protein... the list is quite exhaustive. Says Sayesha, "We want our garments to be an alternative to your fast fashion choice. We want to use our platform to make these fabrics more accessible to people and show them alternatives to more commonly found materials like polyesters and synthetics."

Gehna Manglani, 21, and Nihal Manglani, 26, founded Doori, which means 'distance'. Doori masks are manufactured using made-to-order organic cotton fabrics, finished with anti-bacterial, anti-microbial fabric treatments supplied by HealthGuard Australia. The notion behind the brand's name was to acknowledge and bring to light the distance that each of us is experiencing. A part of its proceeds go towards supporting migrant workers.

Despite millennials driving the sustainable movement forward, we still have a long way to go as consumers to make eco fashion a part of our daily consumption. Fashion is a form of expressing our beliefs and it's time we make ours count.

(The author is a lifestyle consultant and mindful fashion advocate)

Designs from the label Core

Models showcase loungewear by AMPM and (sitting) Good Earth

Move aside pyjamas, kaftans are here to stay. People working from home are now opting for this latest look to lounge about in style

KEEPING IT EASY, BREEZY AND LIGHT

Monika Monalisa

Kareena Kapoor Khan's recent pictures on social media show her looking both comfortable and ultra chic in a kaftan. Bebo isn't the only one rocking the look. People working from home too are opting for this outfit. Kaftans really seem to be having their moment of fame as loungewear fashion takes the bigger chunk in people's wardrobe.

City-based designer Nausheen Maved says kaftans and ponchos are emerging as new favourites as people love easy-going clothes. "Kaftans are versatile and can be styled for both formal and casual occasions. It suits any kind of body type and age group," say Maved, who co-runs a fashion label called Neeshah with her sister-in-law Neelum Shahrukh. Maved's recent exhibition of her latest collection, where she had only appointment-based invites, was also all about ponchos, shorts and kaftans. "These are not just plain ones but also have embellishments and work throughout the body, which can be worn for weddings too," says Maved. The kaftans are priced between ₹2,000 - ₹9,000.

The idea was to design pieces that are versatile in their use, stay relevant for a long time and travel well
—**Priyanka Modi,** creative director, AMPM

Priyanka Modi, creative director of fashion label AMPM, says the brand has come out with a collection called Amah'le, which also includes kaftans. She says, "The idea behind this collection was to design beautiful pieces that are versatile in their use, stay relevant for a long time and travel well. True sustainability in fashion can only be achieved if we give our customers all of these values in our collections," says Modi. According to her, asymmetrical pieces and multi-coloured motifs are some of the fast moving pieces.

Joining the bandwagon is Good Earth, which is known for its sustainable fabrics. Its new collection, Chaya, comprises classic silhouettes, loungewear and kaftans. In whites and indigos, these are crafted with muslin with jamdani motifs. "Our designers delved into a slower rhythm to create a sublime range of apparel and home linen, capturing the unhurried languor of summer to celebrate the simple yet delightful everyday pleasures of relaxing, reflecting, and connecting with the stillness inside," says Shalini Sethi, creative head, apparel, Good Earth.

Runny nose? It may not be Covid

Kakoli Mukherjee

A mere sneeze, cough or sore throat can send you through the rabbit hole of looking up symptoms of Covid-19 on Google. It does not help that monsoon has arrived, and so has your yearly quota of cold and a runny nose. While people are aware that common cold can cause some symptoms which are similar to Covid, one condition that does not receive much attention is allergy.

World Allergy Week, observed from June 28 to July 4, is observed to raise awareness about the condition in which our immune system reacts to certain substances (allergens) in the environment. Since we are now mostly confined to our homes, we tend to think that our exposure to allergens is restricted. However, there are many indoor allergens too, and staying inside home for long hours can increase the chances of an allergic reaction.

Dr Subahkar Kandi, a pulmonologist and a former professor at Osmania Medical College, Hyderabad, said: "Globally, 4.3 million people die of indoor pollution. Since most respiratory diseases such as Chronic Obstructive Pulmonary Disease (COPD), flu, COVID-19 and allergies have overlapping symptoms, there is a lot of confusion and panic among patients. Therefore, it is imperative to make people realise the importance of understanding respiratory allergies and the ill-effects of leaving allergies untreated. If respiratory allergies are identified and treated in the early stages itself, it can prevent severe conditions such as COPD in the future. In case of allergy, the patient generally has a medical history of similar reactions, and responds very well to allergy medicines."

Speaking about the symptoms, Dr Kandi said: "In case of allergies, there is no fever, no body or muscle pain. But, patients might experience itchiness, which is not experienced by Covid patients. Allergies and Covid have the following common symptoms: cough, shortness of breath, nasal stuffiness and sore throat."

Throwing more light on the condition, Dr C Suman Kumar, consultant paediatrician and allergist at Ankura Hospital, said: "Allergic rhinitis is a type of inflammation in the nose which occurs when the immune system overreacts to allergens in the air. Signs and symptoms include a runny or stuffy nose, sneezing, red, itchy, and watery eyes, and swelling around the eyes says for women and children. Allergies have more chronic symptoms and include sneezing, wheezing, and coughing while the main symptoms of the novel coronavirus are fever, tiredness, cough, and shortness of breath. Respiratory allergies, if left untreated can give way for more serious problems like asthma, persistent or uncontrolled allergies. Therefore, it is time to clear the confusion and know the difference. Consult doctors through tele-medicine to clear your queries." When asked if pstchological stress due to the pandemic can trigger allergy, Dr Suman said: "Stress can aggravate the symptoms of an allergy, but cannot induce a reaction."

Illustration: Tapas Ranjan

In allergies, there is no fever, body or muscle pain. But patients might feel itchiness, which is not experienced by Covid patients —**Dr Subahkar Kandi,** pulmonologist

HERE ARE SOME OF THE COMMON ALLERGENS HIDDEN IN OUR HOMES

- TV, fridge and AC, which emit volatile organic compounds
- Cockroaches
- Carpets and rugs
- Cigarette smoke
- Pets
- Incense sticks
- Dust mites (on our bed sheets, pillow covers)
- Mold
- Firewood (rural areas)

HOW YOU CAN AVOID INDOOR ALLERGIES

- Allergy-resistant pillow covers
- Instead of sweeping the house, use vacuum cleaners
- Moisture can lead to pests. Keep bathrooms dry
- Use mosquito screens
- Avoid wall-to-wall carpet
- Don't allow pets into bedroom
- Keep a stock of inhalers if you have asthma

By The Way

Birthday boy

As comedian and actor Danish Sait celebrated his birthday on Wednesday, wishes poured in from across the country. Even former Jammu and Kashmir Chief Minister Omar Abdullah conveyed his wishes on social media.

Fun day out

Tuesday was a fun day for Shivarajkumar, who spent the day with his wife at director R Chandru's farmhouse. The star is said to have discussed subjects like agriculture and cinema with the director.

GOING GREEN

Trickles of hope

Express Features

When it comes to Bengaluru's water situation, a shortage issue on its availability has been a looming concern. Government Girls High School, Devanahalli, also suffered from a lack of sufficient water supply for a long time. Things are finally looking up, after the installation of a rainwater harvesting plant on June 26. Dr R G Nadadur, president of Environment Association of Bangalore (EAB), a city-based NGO comprising a group of environmentalists, said the issue came to light through the former block education officer of Devanahalli. "Over a year ago, she (Gayatri Devi) highlighted that a big number of girl students dropped out from schools. Based on her study, she narrowed it down the problem to the lack of water in school toilets," he says, adding that they took up rainwater harvesting at a school in Yeliyur, before they completed a similar project in the school at Devanahalli. "The school had a sump with a capacity of 5,000 litres which was inadequate and we have now built a tank of 30,000 litres in capacity," says Nadadur. This was followed by pipe work, fitting of taps, adding a new pump and overhead tanks. "We have added additional tank capacity so the water can be stored in the overhead tanks and the sumps. The plan is to harvest water during monsoons and to recharge and store the municipal water supply received," he says.

With technical aid from Karnataka State Council for Science and Technology, along with crowdfunding, the project was completed within ₹3,00,000 and further assistance to 10 schools in Devanahalli was looked into. Addressing the severe water shortage in Devanahalli, Nadadur emphasised that the block is a 'geologically dark area'. "It has been this way for 30 odd years now with underground water being severely limited despite having multiple borewells. It is a serious problem and we are looking not just towards water harvesting but also towards recharge pits, for which we have made provisions in both schools," says Nadadur.

Representational pic

SMARTADS
JAYANAGAR HOUSE FOR SALE
BDA 40x60 2 BHK West Facing Each Two Floors Old House in 21st Main, 4th T Block
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Also BDA 40x60 South Facing & North Facing Old Houses in 7th Block
9449172931

Richa Chadda in *Shakeela Biopic*

I have the rights of Shakeela biopic: Indrajit Lankesh

The Bollywood film, featuring Richa Chadda in the lead, will also be dubbed and released in four south Indian languages, says the director

CE Features

Indrajit Lankesh

A still from Malayalam short film, *Shakeela*

A trailer of a Malayalam film, titled *Shakeela* and directed by Sugeesh, which was released on June 28 not only created buzz but has also kept Indrajit Lankesh busy. The reason: the Kannada director, who is making his Bollywood debut with a Shakeela biopic starring Richa Chadda and Pankaj Tripathi in the lead, is yet to see its release, and people who have watched the teaser of the new Malayalam film have been enquiring about the status of Indrajit's Hindi directorial.

"My phone has never stopped ringing and messages have been pouring in ever since the teaser of the Malayalam film came out. I also did my homework and learned that it is a short film, with a similar title, about a girl who gets a marriage proposal and is rejected because her name is Shakeela. It has got nothing to do with the adult star's life journey. However, the name Shakeela was enough for the teaser to go viral," says the director.

"I have the rights of Shakeela biopic, and I have completed the project. It's a woman-centric film which comes with a message. It is also censored and ready for release," director Indrajit Lankesh tells us, as he shares the latest still from the film featuring *Gangs of Wasseypur* heroine.

The production house, Magic Cinemas is waiting for the theatres to reopen, while there have been inquiries for an OTT release too, he adds. "Shakeela being popular across the world, a biopic on her is perfect for streaming platforms. But at the same time, she is equally popular with the masses, especially the frontbenchers. All the sections of society are looking forward to watching her biopic. That's one of the reasons, our producer is looking to release the film on both the platforms, as he doesn't want to miss out on the opportunity of the theatrical audience too."

Indrajit continues, "We are now seeing a light at the end of the tunnel. Our producer, Sammy Nanwani, who resides in the US, informed us that theatres there have already opened. It is just a matter of time before theatres reopen in India."

Meanwhile, Indrajit Lankesh reveals that his Shakeela biopic, which is made in Hindi, will be simultaneously dubbed and released in all the south Indian languages — Kannada, Tamil, Telugu, and Malayalam. "It is a Bollywood film, and a multinational company from Mumbai has bought the dubbing rights for all south Indian languages, " he says.

The star cast of the Shakeela biopic includes Kannada actor Ester Noronha and Malayalam actor Rajeev Pillai. It has music composed by Meet Bros and Veer Samarth.

Ragini Chandran

'The script is what got me in'

CE Features

Ragini Chandran is currently looking forward to her upcoming movie *Law*, which will premiere on Amazon Prime Video on July 17. It is an intriguing crime-thriller that follows the journey of Nandini who takes a stand for justice

Ask Ragini Chandran on why she chose Law as her debut movie and she says, "It's definitely the script, because doing movies is not something I had planned, it was definitely not in the pipeline. But the script is what got me interested, especially when the director Raghu Samarth narrated the script."

The actress further emphasised that when she came across the character's background and the story that revolves around it, she found it impactful. "I didn't see myself doing a romantic film as my debut so I thought this movie is great first choice."

Produced by Ashwini Puneeth Rajkumar, M Govinda and directed by Raghu Samarth, the legal Kannada drama is led by Ragini Prajwal who makes her debut as the lead alongside Mukhyamantri Chandru, Achyuth Kumar, Sudharani among others. The film also features Siri Prahlad and veteran actor Mukyamanthri Chandru in prominent roles. Law is Sandalwood's first film to get a digital release.

The film has been created under Puneeth Rajkumar's PRK Productions and will launch on July 17, on Amazon Prime Video in over 200 countries.

Priyanka Chopra signs multimillion-dollar first-look television deal with Amazon

CE Features

Priyanka Chopra Jonas has signed a two-year multimillion-dollar first-look television deal with Amazon Studios. The global collaboration will promote diverse talent across languages.

"As both an actor and producer, I have always dreamt of an open canvas of creative talent coming together from all over the world to create great content irrespective of language and geography," Priyanka announced on Instagram. "This has always been the DNA of my production house Purple Pebble Pictures, and is the foundation of this exciting new endeavor with Amazon."

At present, Priyanka is developing two television projects with Amazon. The first is Sangeet, an unscripted series based on the Indian pre-wedding tradition. The show is co-produced by her husband Nick Jonas. The second is Citadel, a spy series by Anthony and Joe Russo.

'WE'LL DELETE 2020 FROM OUR LIVES'

... says Ganesh, who is opting for a low-key birthday celebration with his family; the Golden Star, who has *Gaalipata 2* and *Sakath* on floors, is not resuming shooting anytime soon, though he has given a green signal to a few projects

A Sharadhaa

'Stay home, stay healthy' has been the mantra for actor Ganesh, who is going for a low-key birthday celebration this year. However, the makers of his film, *Sakath*, have come up with a rap motion poster ahead of the actor's birthday on Thursday. The Golden Star has also put out a message to his fans, requesting them to stay indoors and not take the risk of coming and visiting him this time. "Health is very important for everybody, and our family has decided to be at our farmhouse. Secondly, this situation does not call for a birthday celebration," says Ganesh, who is looking forward to spending some quality time with his family. "I guess, we will all delete the year 2020 from our lives because it has not come of any use to us," he says, adding, "Having said that, it is important for everybody to stay happy, without getting into depression. I understand it is a tough time, but this time to spend with close ones will not come again. Nature is sending out a message to all of us that emotions and human values are important today."

Ganesh was juggling two projects — *Gaalipata 2*, directed by Yogaraj Bhat, and Suni's *Sakath* —just before the lockdown. "We have completed the first half of *Gaalipata 2*, which has turned out well, and are waiting to resume the second half," says Ganesh, making a special mention about producer Ramesh Reddy. "He is one of those producers, who is his best in terms of investment and time to the project. Likewise, director Yogaraj Bhat is doing his best to bring all of it on screen, while Diganth, Pawan Kumar and I, along with the rest of the cast, are looking forward to bringing back the flavour of *Gaalipata* in part 2."

Even though the government has given permission for film shoots to begin, some production houses are still waiting to get back to sets, and that's the case with the actor's two projects too. "We keep saying, 'Cinema is larger than life'. So how can we limit the filming to a small crew? If a hero has a fighting scene, he needs to face about 15 villains, for which there will be 100 crew members backstage. This is where safety measures should be looked into. Even if we manage to shoot a few scenes with 2-3 artistes, how long can we do that for? It is better to wait than doing it in a hurry. It will take time for us to get back to that pace of shooting," he says.

During this lockdown, Ganesh has managed to go through more than a couple of scripts, but it has been an exercise with a difference. "Audio scripts are in, and makers have come up with a new way of telling a story to actors. Sending stories by e-mail has also become a norm today," says Ganesh, who has lined up a few more projects, which will begin after *Gaalipata 2*, *Sakath*, and *Trible Riding*.

Ganesh, Suni to come together again

Ganesh and Suni, the actor-director duo who came up with *Chamak* and are currently working on *Sakath*, are teaming up for the third time. Their latest project is titled *The story of Raayagada*, and the film's first look will be out on the actor's birthday. The director has come up with a dark comedy for Ganesh, which will be set in the 1980s. It will have cinematographer Santhosh Rai Pathaje and music director Judah Sandy on board.

Hattrick combination of director Prashant Raj and The Golden Star

Ganesh, who was associated with Prashant Raj for *Zoom* and *Orange*, will be joining hands with him for yet another project. The director has penned the story, which is said to be a dark crime entertainer, and an official announcement will be made by the makers on Thursday on the occasion of Ganesh's birthday.

'WE NEED A HUNDRED MANOJ BAJPAYEES RIGHT NOW'

Shilajit Mitra

In 2018, when it was doing the festival rounds, Devashish Makhija's Bhonsle was a story about Mumbai's decades-old anti-North Indian conflict. But now, having released on SonyLIV amid the grips of a nationwide migrant crisis, the film has gone beyond its regional purview. Devashish says it's unfortunate that such a crisis had to happen for his film to gain relevance. "I feel almost guilty that we had to find context again in the real world for this film to get traction," the director shares, adding that he envisioned Bhonsle as a reminder of the political violence in Maharashtra in 2003-2008. "But then we had the whole nation doing this to migrant labourers," he says. "That's a tragedy. That's not how it should be."

Set in a Mumbai chawl, the film stars Manoj Bajpayee as Ganpat Bhonsle, a retired, terminally-ill cop who bonds with a North Indian girl and her brother. When a local tough starts throwing his weight around, objecting to a Ganesh Chaturthi installation by non-Marathi residents, Bhonsle steps up for the immigrants. The film parallels the political tensions in the chawl with Bhonsle's dwindling health. It's a sympathetic portrait of an old, withering man, movingly conveyed by Manoj, who has co-produced the film and seen it through years of rejection.

We spoke to Devashish about his inspirations behind Bhonsle, his journey as an independent filmmaker in Mumbai, the city's fragile equation with outsiders and the themes of alienation and conflict underlining his work.

You've been working on this film for a decade. How did the script evolve over the years?

The original impulse to tell this story came from what I had faced as an outsider in Mumbai. It was the time the MNS and the Shiv Sena were practicing their exclusion politics of not wanting Bengalis, Biharis and UPites in Maharashtra. I was researching for Black Friday (2007) and a lot of cops I talked to would not respond to me in Hindi. There was a circular that was passed around asking all official communication to be done in Marathi. Even the signboards on shops were changed to Marathi. I found it passive-aggressive that someone was going out of their way to make me feel I didn't belong there, when constitutionally I had the right to practice a trade and reside anywhere in the country.

That was one part of it. The other part was that I had left my father alone in Kolkata when I moved to Mumbai. Over the years, I saw him not being able to deal with his life of solitude, much like the self-isolation we are observing now. So that decline I saw of him found its way into the character of Bhonsle.

It's ironic that the point of contention in the film is called 'Churchill Chawl'.

While writing the script, I stumbled upon a chawl in Tulsiwadi that had 50% Marathi and 50% immigrants. They were all taxi drivers. What I discovered was that these chawls were originally military barracks erected by the British. They were built for Indian soldiers since they couldn't put them in the same up-market barracks as the British soldiers. So those roots are not Indian to begin with. Where then do you draw the line between an insider and an outsider? In fact, the character who is trying the hardest to be perceived as an insider and therefore get an election ticket is Vilas (Santosh Juvekar). He is not even a part of the chawl and lives in a taxi. In a physical sense, he's the most migrant of the lot.

You struggled to find takers before Manoj came on board. How difficult was it to get the film made as you wanted?

I started my career at Yash Raj Films. So I had been at the heart of mainstream cinema before walking away. Subsequently, I had to make short films to prove myself and find my voice. On Bhonsle, I had financiers tell me how to make my film, which I never agreed to. The struggle got easier once I had Manoj on my side. He brought in the producers and protected the film at every step. In the US, big stars like Brad Pitt and George Clooney attach themselves to projects that studios would otherwise not fund. Over here, though, it's not the same. We need to clone a Manoj. We need a hundred of them right now.

Stray dogs featured prominently in your previous film, Ajji (2017). In Bhonsle too, there are several shots of animals and birds.

I'm open to energies of real spaces and locations. In this film, we had everything from cockroaches to rats to crows to cats to dogs. I did not have an animal wrangler on set except for one dog. It's a relationship I have created with strays over the years. These animals, in fact, were the true residents of the 200-year-old chawl we shot in. I cannot shoot in these spaces without assimilating them into my frames.

The film looks empathetically at the three main characters. Yet, there's no attempt to romanticise their lives or the city — which many Bombay films do.

I wanted to bring out the inconsequentiality of Bhonsle. Although he is the protagonist, he is of least consequence until he decides to do something about it. It's a result of the class-driven society we live in. I don't romanticise the city of Mumbai at all. It is no different from any other financial capital in the world. Everyone from a vada pav seller to the biggest entity in the stock market is an entrepreneur here. I don't think it should be romanticised, because by doing that we overlook a lot of other inequalities.